

Arizona

“Eat Smart. Get Active. Be Healthy”
(Web site under development)

<p style="text-align: center;">The Epidemic</p> <p>56% of Arizona adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>24% of Arizona high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2003)</p> <p>24% of low income children between 2 and 5 years of age in Arizona are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)</p> <p>The obesity rate among Arizona adults increased by 80% from 1990 to 2002. (CDC BRFSS, 1990, 2002)</p>	<p style="text-align: center;">Program Priorities</p> <p>Arizona’s obesity prevention program— “Eat Smart. Get Active. Be Healthy” — is focusing on development of a state plan for reducing the number of Arizona residents of all ages who are overweight or obese through improved nutrition and increased physical activity. Project goals include</p> <ul style="list-style-type: none"> ➤ Identifying and recruiting partners to collaborate on state plan development and implementation. ➤ Evaluating the extent and scope of existing services related to nutrition, physical activity and obesity and identifying gaps. ➤ Creating an inventory of key partners and policy development issues. ➤ Developing training and technical assistance plans for program staff and partners. ➤ Working closely with the Arizona <i>Steps Along the Border Initiative</i> (SABI) to promote better health and prevent disease in border communities.
<p style="text-align: center;">Recent Accomplishments and Products</p> <ul style="list-style-type: none"> ➤ Issued the “Governor’s Call to Action: Healthy Weight for Children and their Families” at a kick-off conference attended by 350 people. ➤ Identified individuals representing partners and others to serve on the work groups that will help develop the state plan. ➤ Provided expert advice to the Arizona Action for Healthy Kids' Nutrition Policy Committee. 	<p style="text-align: center;">Upcoming Events and Products</p> <ul style="list-style-type: none"> ➤ A meeting is planned with environmental planners and architects from Arizona State U., the City of Phoenix, and Maricopa County to discuss environmental/policy change and the impact of new structures on the public's health. ➤ Eight community forums will be held to solicit input from members of the community regarding the state plan.
<p style="text-align: center;">New Partners</p> <p>American Academy of Family Physicians/AZ American Academy of Pediatrics/AZ American Cancer Society American Dietetic Association American Heart Association Arizona Health Care Cost Containment System Arizona Physicians/IPA, Inc. Arizona State University Depts. of Nutrition and Exercise Science/Wellness City of Mesa Healthy Arizona 2010 Indian Health Service Mariposa Community Health Center Kronos Optimal Health Company Navajo Health Care Phoenix Suns Inter-Tribal Council of Arizona Western Growers Association</p>	<p>Project Period: 2003-2008 Year First Funded: 2003 Funding Stage: Capacity building Contact Person: Renae Cunnien, PhD Program Coordinator Arizona Department of Health Services Telephone: 602-364-3315 Fax: 602-542-1890 E-mail: cunnier@hs.state.az.us</p>



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